

What is claimed is:

1 1. An adjustable bed comprising:
2 a bed section;
3 a tilt unit operable to perform an operation of tilting
4 the bed section laterally;
5 a judgment unit operable to judge which sleep stage
6 a person who is lying on the bed section is in; and
7 a control unit operable to control the tilt unit based
8 on a result of the judgment by the judgment unit.

1 2. The adjustable bed of Claim 1,
2 wherein the judgment unit judges whether the person
3 is in REM sleep or not, and
4 the control unit has the tilt unit perform the tilt
5 operation, if the judgment unit judges that the person
6 is in REM sleep.

1 3. The adjustable bed of Claim 1,
2 wherein the judgment unit judges a depth of sleep
3 of the person, and
4 the control unit has the tilt unit perform the tilt
5 operation, if the judgment unit judges that the depth of
6 sleep is substantially great where the person is in slow
7 wave sleep.

1 4. The adjustable bed of Claim 2,
2 wherein the judgment unit judges a depth of sleep
3 of the person, and
4 the control unit has the tilt unit perform the tilt
5 operation, if the judgment unit judges that the depth of
6 sleep is substantially great where the person is in slow
7 wave sleep.

1 5. The adjustable bed of Claim 1,
2 wherein the control unit prohibits the tilt unit from
3 performing the tilt operation within a predetermined time
4 period from completion of an immediately preceding tilt
5 operation, irrespective of which sleep stage the person
6 is in.

1 6. The adjustable bed of Claim 2,
2 wherein the control unit prohibits the tilt unit from
3 performing the tilt operation within a predetermined time
4 period from completion of an immediately preceding tilt
5 operation, irrespective of which sleep stage the person
6 is in.

1 7. The adjustable bed of Claim 3,
2 wherein the control unit prohibits the tilt unit from
3 performing the tilt operation within a predetermined time

4 period from completion of an immediately preceding tilt
5 operation, irrespective of which sleep stage the person
6 is in.

1 8. The adjustable bed of Claim 4,
2 wherein the control unit prohibits the tilt unit from
3 performing the tilt operation within a predetermined time
4 period from completion of an immediately preceding tilt
5 operation, irrespective of which sleep stage the person
6 is in.